



PRESS RELEASE

FOR IMMEDIATE RELEASE

Sept. 4, 2009

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JOIN IN THE INAUGURAL WALK WITH FIRST LADY OF INDIANAPOLIS WINNIE BALLARD SIX-WEEK WALKING SERIES

INDIANAPOLIS – (Sept. 4, 2009) First Lady of Indianapolis Winnie Ballard announces an inaugural six-week walking series to promote health and wellness in the Circle City. Experience the joy of being active in the outdoors with First Lady Winnie Ballard at Northwestway Park at 8 a.m. every Wednesday from Sept. 9 through Oct. 14.

“I encourage everyone to engage in a form of recreation that is appropriate and enjoyable for them,” said First Lady of Indianapolis Winnie Ballard. “Maintaining a regular fitness regimen at a moderate exercise pace such as walking benefits a person’s well-being and contributes to an overall healthy lifestyle.”

The Walk with First Lady Winnie Ballard six-week walking series at Northwestway Park kicks off at 8 a.m. Wednesday, Sept. 9. The walking course offers a 1.6-mile loop or 3.2-mile distance. The walking series is free and open to the public.

WHO:

FIRST LADY OF INDIANAPOLIS WINNIE BALLARD

WHAT:

WALK WITH FIRST LADY WINNIE BALLARD WEDNESDAY SIX-WEEK WALKING SERIES

WHERE:

NORTHWESTWAY PARK, 5253 W. 62ND ST.

WHEN:

WALKS BEGIN AT 8 A.M. EVERY WEDNESDAY, SEPT. 9 THROUGH OCT. 14

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